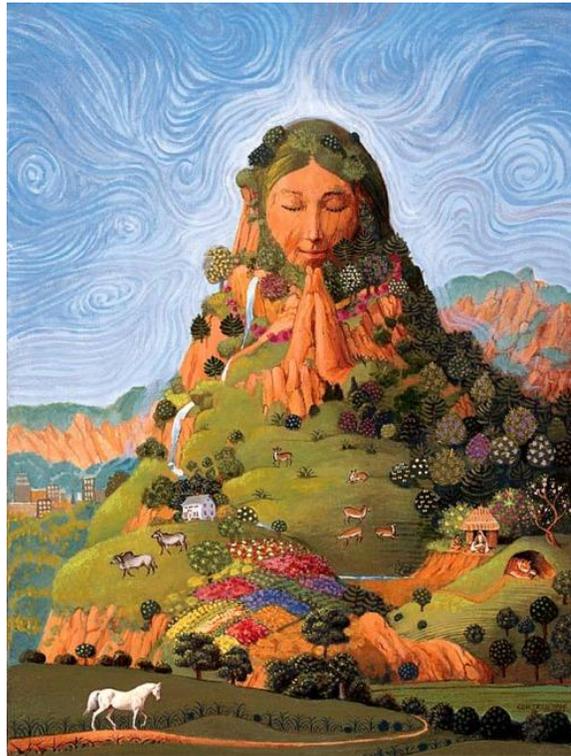


Sisterhood of the Planetary Water Rites Newsletter

September 2012



Earth Mother Artisit Unknown

Greetings Dear Water Family:

Another season filled with a most powerful of energies. Some of you have been left in a turmoil of unfinished projects and pages of to-do lists still undone. Join the crowd, you are not alone. The calendar of this year does not belong to us. Because of the vast changes within the outer realms and the pulling of the Planets and Stars upon our spirits, we are left with more and more surrendering to the higher Divine. We know that we are walking upon our Earth as a Keeper of the Light. We are feeling the teachings and wisdom coming through from our ancestors and ancient ones. They touch our hearts and spirits twenty-four hours a day. They come to us in the in-between times and when we are doing our household chores. They leave us wanting to just leave the duties that now seem so mundane so that we can learn more of the next move into the new deminsion of time.

At this time there is no seperation from anything we are truly "ONE"!

We are awakening to more community awareness. As we will need to combine our resources and return to the barter system. These are not times of doom and chaos. These are times of positive change and finding new ways to communicate. Our bodies our changing as well. At first these seem like harsh adjustments; but when we realiize why and what for it becomes clear.

We see ourselves now with smiles as a child discovers their image in a mirror for the first time. Look at yourself Dear Ones, you are perfect because you are part of the Divine Creation!
AHO! Grandmother Whitedeer



We are asking for each Sisterhood Circle to stand with our blessed waters and prayer for peace. For a village to know peace we much have a Peace Keeper, to have a Peace Keeper we must carry peace within our hearts..... with this new organization we will just about cover the world!!!!!!!

Many Many Blessings to each and every one....

Legend of the Dolphin and Grandmother Moon



It is said that without Grandmother Moon weaving the patterns of the tides, life would not have emerged from the aquatic waters of Mother Earth. She created a rhythm to life that we should listen to.

As Grandmother Moon was weaving the patterns of tides to allow life to emerge from the waters, she talked to the spirit of Dolphin. She told Dolphin to learn her rhythms and to open his feminine side to her silvery [light](#). Dolphin began to swim to these new rhythms and learned a new way to breath. Dolphin is the keeper of the Sacred Breath of Life and teaches us how to use our life–energy through breathing to revitalize ourselves.

Image Credit: [Dolphin](#) by PublicDomainPictures

*****Welcome to July / August 2012 Spirit Voice Newsletter message!**

"Stay together friends. Dont scatter and sleep. Our friendship is made of being awake." Rumi

Love and appreciate, support and respect yourself at every moment of your life especially now in these times of great change. Know your worth. Become your own best friend. YOU are a priceless gift to yourself and to this world. The consequence of embracing ones healing, ones wholeness....is discovering that it IS possible. It is possible that you can be whole, it is possible that you can balance your imbalances, it is possible to find connection with that inner peace, Source energy, which flows to you and through you ceaselessly and is at the deepest core of your totality. Each one is being asked to personally walk this growing awareness every moment of every day now. This can not be a theory only; this has to be lived, embraced, you have to claim this for yourself in your own way. Healing is a life journey of awakening! The more we awaken, the more we learn to live authentically, without seeking to gain another person's approval,

rather to stand in your own integrity, in your own truth, in honour and respect for the self, all Creation and the Divine Creator Source Of All That Is. What we do matters. As we gently yet firmly remind ourselves to support our authentic truth and learn to embrace the principle of wholeness and to action more balanced and healing ways into our behaviours, into the ways we relate to our selves, each other and all aspects and other life forms of Creation, the more we discover that it IS possible to change our ways.

ALWAYS BE TRUE TO YOUR SELF! Live your truth from your heart by learning to acknowledge that which resonates with you. Choose to align yourself with the most appropriate actions, thoughts and emotions which are in vibrational support of your emerging truths, out of respect for the being you are becoming, out of respect for who and how you are choosing to be, beyond any disfunctional habits and patterns, your innate truth lies within you waiting to be claimed! Learn to be with respect for the people in your life, for the paths they walk which are their choosing require from you neither your approval nor judgement; their journey is theirs as yours is yours. The more you respect yourself, the more you respect other people's choices, the more you let go of your need to try to control an outcome, the more you welcome home your own freedom. Love yourself enough to be with those who love and respect you as the authentic being you are. Treat others like you would love to be treated yourself. At all times, regardless even, and especially of non supportive outcomes, actions and words from others, and including your own thoughts which may stray off onto temporarily negative pathways, always completely, wholeheartedly, unashamedly love your self - not on any egoic level, rather within the deepest aspects of your entirety, within the ceaselessly unfolding mystery of who and what we are, beyond measure, beyond any concept of egoic comparisons, contests or competitive urges, at the core of every being WE ARE LOVE which is the greatest power in the Universe. It is time to awaken to this within our self and to recognize this is an unfolding truth for all life here. These times reflect the essential and necessary changes our world is currently traversing, for the birth of the new Spiritually heightened ways to begin to emerge and take form into our reality. In this time now, our role is to be the truth of our self and embrace the stillness and calmness of our center...even and especially in the face of what may seem chaos...be the calm! We are the seeds of magnificent, full potentiality and our presence here gives birth to the Light which is destined to be!

And It Is So!

**From my heart to yours
Shelley Ruth Wyndham**

Our Water Sister Has Published her new book! let us all support her...



[HTTP://www.katebowditch.com](http://www.katebowditch.com)

! Kate Bowditch, MA, LMHC

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www.pagandeathanddying.com

Earth Caretakers

Connecting With the Chi Field July 2012



Connecting With the Chi Field

The presence of a universal energy field--permeating the earth and connecting all living things--is now acknowledged by many quantum physicists.

Our Chinese ancestors understood it long ago. Early Daoist meditation texts (the Neiye "Inward Training" section of the Guanzi, ca. 320 BCE) describe this universal energy field as chi (also qi and ch'i), "That mysterious vital energy within the mind: One moment it arrives, the next it departs. So fine, there is nothing within it; so vast, there is nothing outside it. We lose it because of the harm caused by mental agitation."

I've had chi gong practice for about six years. I love the opportunity to combine movement with meditation and connection with the elements. The movements are simpler than Tai Chi, so are much easier to remember.

This month I want to share a specific chi gong practice I have been using daily for almost a year. In the Chi Field Meditation, visualizing specific geographic places, especially places you love,

enhances the power of your connection to and felt sense of the universal field. Like the [Earth-Cosmos Meditation](#) I often refer to, it is a vehicle for calming your mind, body, and nervous system. It is a vehicle for increasing your life force and consciously weaving yourself into the fabric of all that is.

As one of my chi gong teachers, Vivienne Verdon-Roe [writes](#),

"Qigong means 'cultivating energy.' Indigenous peoples and mystics recognized that everything is energy. Scientists looking under powerful microscopes found that at highly magnified levels all forms are made up of vibrational energy. Thanks to quantum physics, the Western world is now waking up to the fact that only 4 percent of the universe is form and visible. The other 96 percent is formless and invisible. But it is not empty. It is a great seething ocean of vibrating energy that is always available. Beyond eating, drinking, and breathing, we are constantly exchanging energy with the universe, whether we are aware of it or not.

In Qigong, when we consciously connect to the invisible energy and imagine bringing it back as light into our bodies, we increase our life force. The bridge between formlessness and form is the mind, not our ordinary, everyday linear mind that is conditioned to interact with our world only through the five senses. When we close our eyes and use our imagination, we access another part of the brain that recognizes that physical and non-physical energies are the same...

...Whether you are suffering from cancer or a headache, you do the same Qigong practice, expanding energy out to the universe and bringing it back in, thereby accessing life force and creating its free flow throughout the body. Qigong teaches us that it is thought that gives energy structure. So our beliefs and the stories we have about ourselves take part in the creation of our physical bodies. With our intention we can activate the innate wisdom of the body, a state of wholeness that exists as a blueprint within every human being."

Chi Field Meditation

Here is how to do the meditation, along with some ideas for visualizing the horizons.

Stand with your feet about two feet apart: knees bent, tail tucked, and core pulled in.

Raising your arms out to your sides and above your head, gather chi with your hands, bringing it down in front of your torso. Repeat this four times.

Continuing to stand with your knees bent as above, place your hands in front of you at hip level, palms flat and angled about 30 degrees out, as if you are creating a tunnel into your dan tien (also known as hara, belly, and q'osqo).

Visualize the field of chi above, below, and on all four sides of you as follows:

Visualize as far as you can to the horizon in front of you. Note the trees or buildings you can see, the skyline or hillside beyond, and take your mind's eye as far as you can. Include as much actual detail as you know or remember, including places you have been but cannot actually "see."

For example, when I face the western horizon from my home in California, I include the coastal hills, the ocean surf, the great Pacific Ocean, the Hawaiian Islands and volcanoes where I have hiked and swum, the coast of Japan, Mt. Fuji, and across Asia to the Himalayas.

Now visualize as far as you can to the horizon behind you, including as many actual places as you can.

For example, when I visualize the eastern horizon behind me, I include the Central Valley, the Sierra Nevada Mountains, the Great Plains, the Appalachian Mountains, the Atlantic Ocean, and the great glaciated lands of Scandinavia.

Now visualize as far as you can to the horizon to your right, including as many actual places as you can.

For example, when I visualize the northern horizon to my right, I include the chains of mountains extending North along the continent, Mt. Denali in Alaska, and the Arctic.

Now visualize as far as you can to the horizon to your left, including as many actual places as you can.

For example, when I visualize the southern horizon to my left, I include the volcanic ring of fire extending south through Mexico and Central America, the Andes Mountains with their glaciers and lagoons, and the Antarctic.

Now visualize as far as you can above your crown and up into the cosmos, including as much detail as you can.

For example, I visualize the Milky Way, deep space, the Andromeda galaxy, out to the endless horizon of the cosmos and the heart of the universe.

Now visualize as far as you can below your feet to the center of the earth, including as much detail as you can.

For example, I visualize roots, earthworms, moles, bedrock, down to the magma at the center of the earth, and the black light residing there.

Breathe into this vast chi field you have connected with. Sense your energy body expanding and flowing in the field. Notice whatever transpires in your body and heart.

When you feel fully connected, raise your hands flat in front of your heart, right closest to your body, left out a bit. Continue to stand with knees bent, breathing with the chi field and noticing whatever transpires.

When you feel ready, raise your hands, facing out, to surround your third eye, creating a kind of tunnel for your vision. Continue to stand with knees bent, breathing with the chi field.

To come to completion, gather chi with your hands again, raising your arms out to sides, above your head, and down in front of your torso. Repeat six times. On the seventh, bring your hands together in prayer position above your crown, down to your heart, and all the way to the ground. Release any energy you need to.

I am very interested in hearing how this meditation works for you. Please try it, and let me know! As I work on my book on energy fields, I am trying to discover which practices are accessible to everyone, no matter what their spiritual bent or state of consciousness.

Meg Beeler/Earth Caretakers



http://www.youtube.com/watch?v=U7rg_vbgIPw&feature=relmfu

Must view video of Greg Braden

<http://www.bing.com/videos/search?q=Greg+Braden+on+UTube&view=detail&mid=05F3F77B7A60D4044DB405F3F77B7A60D4044DB4&first=0&qpv=Greg+Braden+on+UTube>

<http://www.youtube.com/watch?v=mEfJ00-cTis> from Michelle about Spraying, a must see

<http://www.youtube.com/watch?v=raiYEwnK2yA&feature=plcp> Patricia Cota-Roble

<http://sacredceremonialsforthesalishsea.wordpress.com/> Many wonderful messages about Water

Huachuma shamanism considers the body as essential in the process of transformation and particularly when one goes through emotional and spiritual changes. Traditional people speak about

specific foods as very important and sacred referring to something fundamental related to the life force of this food. For example if we eat dates, almonds, yoghurt and honey, four very sacred foods, we realize that they contain a beautiful energy of life that provides the body, mind and spirit with a life force totally different from that found in the chocolates, cakes and ice creams which are found in every supermarket. These sweet foods from the supermarket may seem very tempting, but what really occurs when these foods are ingested in the body?

If we believe that happiness lies in the gustatory pleasures that chocolate could provide, for instance, we will never find what we are looking for. When we are in touch with the life force of food (like that of fresh food), we realize that happiness cannot be sought apart from ourselves and we can easily break our addictions. We realize then that chocolate, sugar, coffee, alcohol and cigarettes, for example, are not in this sense, good for us. These addictions are negative for the body - they do not bring any joy but simply provide a short moment of respite in the general discomfort and lack of plenitude we feel. When we start to taste food as it truly is, we find that things like sugar have a taste that is too crude and that all of our addictions are in reality an illusion.

This type of sensitivity is not always obvious when our capacities of discernment have been distorted by very strong tastes. The development of this sensitivity is part of the transformation of oneself. There is nothing 'good' or 'bad,' what matters is the process, which makes us intuitively sensitive to the real essence of the foods we absorb.

Indigenous people know that the foods, which carry the most life energy, are those such as seeds, grains and some tubers, which have an enormous power to proliferate.

Second on the list are fruits and vegetables, which also have a marvelous force of life but do not have the power to grow like seeds.

We all constantly go through changes and food is a beautiful way of supporting and reinforcing this process of transformation. As we become more sensitive, we realize that each food has a specific quality and affects our consciousness in a different way: wheat and corn have for instance a life force which raises us more towards the light: potatoes and other tubers rather draw us towards the earth. The food we eat interacts with our body and influences our life.

Each food conveys a consciousness or intelligence inside and it is important that we eat those foods that reinforce the necessary qualities for our optimum growth and harmonious levels of consciousness.

(Excerpt from 'Shaman's Wisdom' by Tony Samara)



"The Greatest Use You Can Make of Our Message Is to Live it."

The Grandmothers ask us to receive their Empowerment, share their message, and learn the ways of Yin. **"Pass this on to those who don't have it,"** they say; **" and become a Walking Blessing upon the earth."** The Grandmothers are practical and wise and so they've given us two books, *A Call to Power: the Grandmothers Speak* and *Our Love Is Our Power* so we can begin to live their message. They ask us to practice their teachings and work with the Net of Light, to come together and share this wisdom with one another. They ask us to offer their message, not for money, but for love--as service. **"The present imbalance of energy on earth has placed all life in danger,"** they declare. **"It is time to return to balance, and for this, women must lead."**

To order the Grandmothers' books, go to: <http://grandmothersspeak.com/onlinestore.php>

Once you've read the first book and want to start a Grandmothers' group or study circle in your area, contact us at: info@grandmothersspeak.com. This will give you great joy and your grandmother/sisters around the world will help you get started.

Thank you Sharon for bringing forth knowledge of the teachings of the Grandmothers, Grandmother Whitdeer

Happy Fall Equinox.....A most Thankful time of the year!!!